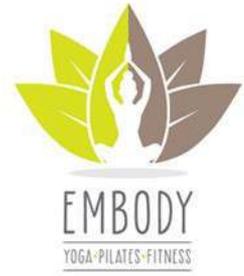


**Monday's
Yoga Class
5:30-6:30pm**

Instructor: Lisa O'Neill



Held in the Gym : Entry via front doors of Gym

Can bring your own Yoga Mat, but Yoga Mats will also be available for use each class.

Come and free your body and clear your mind and join Lisa from Embody Yoga for a Vinyasa style Yoga class on Mondays at 5:30am.

Vinyasa Yoga unites conscious breath with dynamic movement through a steady flow of postures bringing the mind and body into balance and harmony. This dynamic practice flows through sun salutations and postures to warm the body while maintaining a focus on stability, flexibility, and breath. Move your body, steady the mind and take a moment to connect to yourself on a deeper level. Yoga cultivates health and wellbeing, relieves stress, improves strength and flexibility while encouraging breath awareness, self-inquiry and relaxation.

**Tuesday's
Pilates Class
6—7 pm**

Instructor: Liz Freese

Held in the Gym : Entry via front doors of Gym

Pilates classes offer participants the opportunity to gain core strength, flexibility, mobility and improve general fitness using methods and exercises developed by Joseph Pilates. We use small props sometimes including fit balls, therabands, hand weights, Pilates circles and others to add variety, challenge and interest to each session.

This session is suitable for all ages and abilities, your session is modified to suit you.



Thursday's

360 Degrees Fit

6 -7 pm

Instructor: Trevena Feldmanis

Held in the Gym : Entry via front doors of Gym

This class focuses on creating endurance and explosive strength, as well as increasing joint mobility and range of motion along with improving posture, balance and stability.

Session works with bands and weights and is for strengthening and toning.

HIT Step

Wednesday & Fridays

1:45-2:45pm 9 -10 am

Instructor: April Leppard

Held in the Gymnasium: Entry via the front doors

Steps will be provided

Hiitstep is an under 30 minute high intensity interval training exercise class using only body weight and a step. Hiitstep is a motivating, high energy, intense class designed to provide an all over body workout. The exercises can be adapted to meet individual needs so all levels of fitness and ability are very welcome and encouraged!

On Arrival you will need to fill out Covid Forms to Attend, and also a Sign in Sheet. Please allow time to do this

All Classes are Free to the Participants



Group Fitness and Personal Training
Nutrition and Health Coaching